

Chili Lime Salmon



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Recipe by: Laura Vitale

Serves 4

Prep Time: 30 minutes

Cook Time: 15 minutes

Ingredients

- ___ 4 Salmon Filets, with skin on
- ___ 2 Tbsp of Honey
- ___ 2 Tbsp of Olive Oil
- ___ Zest and Juice of 1 Lime
- ___ 2 tsp of Chili Powder
- ___ 1 tsp of Smoked Paprika
- ___ 2 tsp of Garlic and Herb Seasoning
- ___ 1 tsp of Onion Powder
- ___ Salt and Plenty of Black Pepper
- ___

For the Salsa:

- ___ 2 or 1 Big Mango, diced
- ___ 1/2 of a Red Bell Pepper, diced
- ___ 1/4 of a Red Onion, diced
- ___ Cilantro, chopped
- ___ 1 Jalapeño, seeded and diced
- ___ 1 Lime
- ___ Little Olive Oil
- ___ Salt to taste

1) Mix the honey, olive oil, lime zest and juice, chili powder, smoked paprika, garlic and herb seasoning, onion powder, salt and pepper.

2) Pat filets dry, coat flesh side only (not skin) with marinade. Chill for 30 mins.

3) Combine diced mango, red bell pepper, red onion, jalapeño, and cilantro. Add lime juice, olive oil, and salt. Mix, set aside.

4) Medium-high heat, skin-side down, 4-6 min per side until cooked through and flaky.

5) Plate salmon, spoon salsa on top, enjoy!

